ETSU Return to Work or Class Protocol

Return to Work or School Protocol

1. Confirmed COVID – 19 Illness with Symptoms:

Must be excluded from all work or class activities until:

- At least 10 days have passed since symptoms first appeared
- **AND** At least 24 hours have passed since last fever without the use of fever-reducing medications
- **AND** Symptoms (e.g., cough, shortness of breath) have improved

It is the responsibility of the student or employee to monitor temperature and symptoms at least twice daily.

Patients with severe disease (requiring hospitalization) or with immune compromised status must follow CDC guidance for return to work with provider release.

2. Laboratory-Confirmed COVID-19 but have not had any Symptoms (Asymptomatic):

Must be excluded from all work or class activities until:

- At least 10 days have passed since date of first positive COVID-19 diagnostic test
- **AND** have not subsequently developed symptoms since the positive test
- **IF** symptoms develop, please follow the above protocol for **Confirmed COVID-19 Illness with Symptoms**

If an alternate diagnosis is determined for the symptoms, criteria for return to work or school should be based on that diagnosis.

Any questions regarding testing or symptoms should be directed to University Health, or to the student’s or employee’s personal medical provider.

3. Potential Exposure to COVID-19:

“Potential Exposure” is defined as being **within 6 feet for more than 10 minutes** with a person who has had a confirmed positive test COVID-19. This includes
exposure with the infected person going back 48 hours prior to the time the positive test was collected, OR 48 hours prior to the time the positive contact showed symptoms, whichever is earlier.

**Must be excluded from all work or class activities:**

- Quarantine at home for 14 days after last exposure
- Maintain physical distancing of at least 6 feet from others at all times

Questions? Call one of the following:

- University Health Center at 423-439-4225 (Monday-Friday, 8 a.m.-4:30 p.m.) or after-hours at 1-888-915-7299
- Washington County Health Department at 423-975-2200
- Ballad Nurse Connect at 1-833-822-5523.

References:
